

Welcome to our Spring Newsletter



News from the Committee



Wednesday 20th March—Thursday 20th June

Spring reawakens us and our surrounding environment, bringing everything back to life. Temperatures rise, daylight lasts longer, new life appears in the gardens, in nature and in the fields.

**Membership** to date = 18 members

**Coffee Money**—a brief reminder that there is a small charge if you partake in refreshments at meetings. Please put your contribution in the receptacle provided.

**New members**— 2 visitors came to February’s meeting to see what the group is all about and we have had a few new enquiries on social media. Encouraging new growth is the aim for this year. Age ranges 18+ and all genders are welcome.

**Outings**—members to show more interest if outings/visits are to be arranged. Car sharing to be considered. Suggestions were Stonham Barns, Alder Carr Farm – Ice cream. Please give this some thought to this and if you have any more suggestions please put them forward.

**Speakers**—1 meeting date remains free at this time and ideas have been put forward to fill these slots. The ones this year are more of interest rather than pain related.

**CPSG Facebook**—Sherrill posted a short video explainer titled ‘What is Chronic Pain and how does it work?’ explaining the pain that cant be seen—nociplastic pain is difficult to diagnose, the effects are very, very real. The immune system plays a role in nociplastic pain. Sufferers of Chronic Pain have long been told its all in their head—we now know that’s wrong. Sherrill thought this may be of interest to members.

**Transport**—on the reverse you will see two boxes giving contact details of voluntary transport services in the Suffolk area. Please speak to Beryl or Tricia for more details.

**Southgate**-the secretary has informed us that a new hirer will be in the small hall on PC days until 12.30pm therefore members cannot access the hall until after that time. It will not affect the craft session itself that begins at 1.30pm.

**Sharing an Experience**— members are welcome to share experiences, stories, useful tips, anything they feel might be of interest to others. On the basis it may be beneficial and only for a short time during the social hour at the monthly meetings. We know that what benefits some may not others and we certainly do not wish members to be put off from attending.



CPSG received £16.03 in February from all the confirmed donations you, the supporters, have raised up to 31.1.2024.

Thank you for all your support in raising some funds for the group.



Bringing likeminded people together



# Run for Patients by Patients

## Annual Accounts 2023



Lloyds A/C total = £3057.35

Cash in hand = £482.63

Total = £3539.98

Overall loss for both CPSG and PC  
= £81.07

### CPSG Income

Subs = £300

Raffle = £106

Donations = 68.13

Sales = £216

Coffee = £38.05

Meeting fees = £10.67

**Total = £829.85**

### CPSG Expenditure

Postage—£40.32

Printing = £60 (leaflets)

Hall fees = £246.25

Stationary = £61.79

Insurance = £79.75

Speakers = £149

Catering = £68.60

Misc = £20

Christmas gifts = £155.68

**TOTAL =£893.58**

**Loss of £63.73**

### PC Income

Session fees = £205

Sales = £47.95

**Total = £252.95**

### PC Expenditure

Hall fees—£177.50

Catering = £13.05

Insurance = £79.74

**Total = £270.29**

**Loss = £17.34**

B/F from 2023 = £23.50

Excess income over expenditure

= £6.16 profit

### The Voluntary Network

The Racing Centre, Fred Archer Way,  
Newmarket, Suffolk CB8 8NT

Tell 01638 608022

info@thevoluntarynetwork.org

www.thevoluntarynetwork.org

Community Transport established by  
members of the community who  
identified the need and could be used  
for social, appointments, study, shopping  
or work.

Charges do apply for the service.

**Go Start**—Community transport in Sudbury and the surrounding villages. For people of pensionable age, disabled or restricted mobility, isolated or unable to access existing public transport. Call 01787 242116 9am-4pm weekdays. E.g. Sudbury to WSH costs £25 (90 minutes wait and return journey)



**VOICE** unfortunately had to cancel their visit in February so at short notice Sherrill stepped in and did a talk on Genealogy. On two occasions now Sherrill has given talks in place of scheduled speakers—thank you. **VOICE** are now coming in July.

There has been the odd occasion when speakers have cancelled at short notice and if time is short there is little we can do to fill that void. It is understandable members get disappointed when they turn up only to find the afternoon doesn't quite turn out the way they expected.

**ESCAPE-pain** is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better. Please visit [www.escape-pain.org](http://www.escape-pain.org) to read more about it. Jo Beales is scheduled to come to talk to the group about it in September.

A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

## Bringing likeminded people together



Tel: 07724 18 777 4  
Email: [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
Web: [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Next meeting 21 March  
Southgate Com Centre